



presents



movement
improvement

PHYSIO

CLINIC

Saturday 14th Sept @ TAS White Rock -
"The Flex" rooms by TAS Pool

Age Development Squad session, 8:30-10:00am

Equipment: Sportswear (T-shirt or singlet, shorts, trainers), towel, trigger ball.

Criteria: AGE DEVELOPMENT SQUAD

- 12-14 years (or 11 years and will be 12 at the next LC States)
- QT in 100m event or above (Check 2024 QLD QTs)



National Squad session 10:30-12.00 pm

Equipment: Sportswear (T-shirt or singlet, shorts, trainers), towel, trigger ball.

Criteria: NATIONAL SQUAD

- 15 years +
- National QT (Check 2025 QTs)



State Squad session 12:30-2.00pm

Equipment: Sportswear (T-shirt or singlet, shorts, trainers), towel, trigger ball.

Criteria: SENIOR STATE SQUAD

- age 15+ with no National QT
- QT in 100m event or above (Check 2024 QTs)



Find out more @ www.movementimprovement.com.au